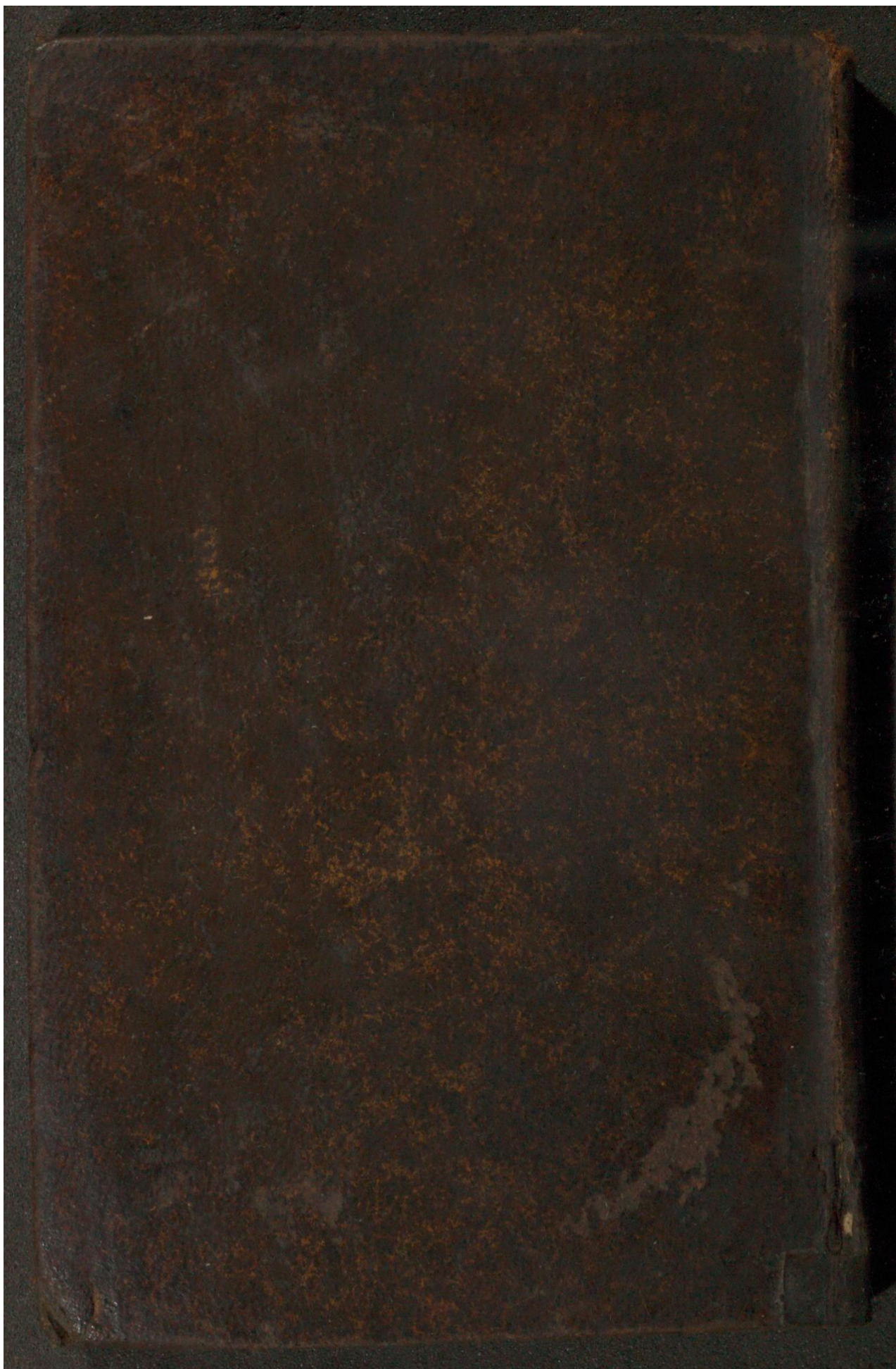




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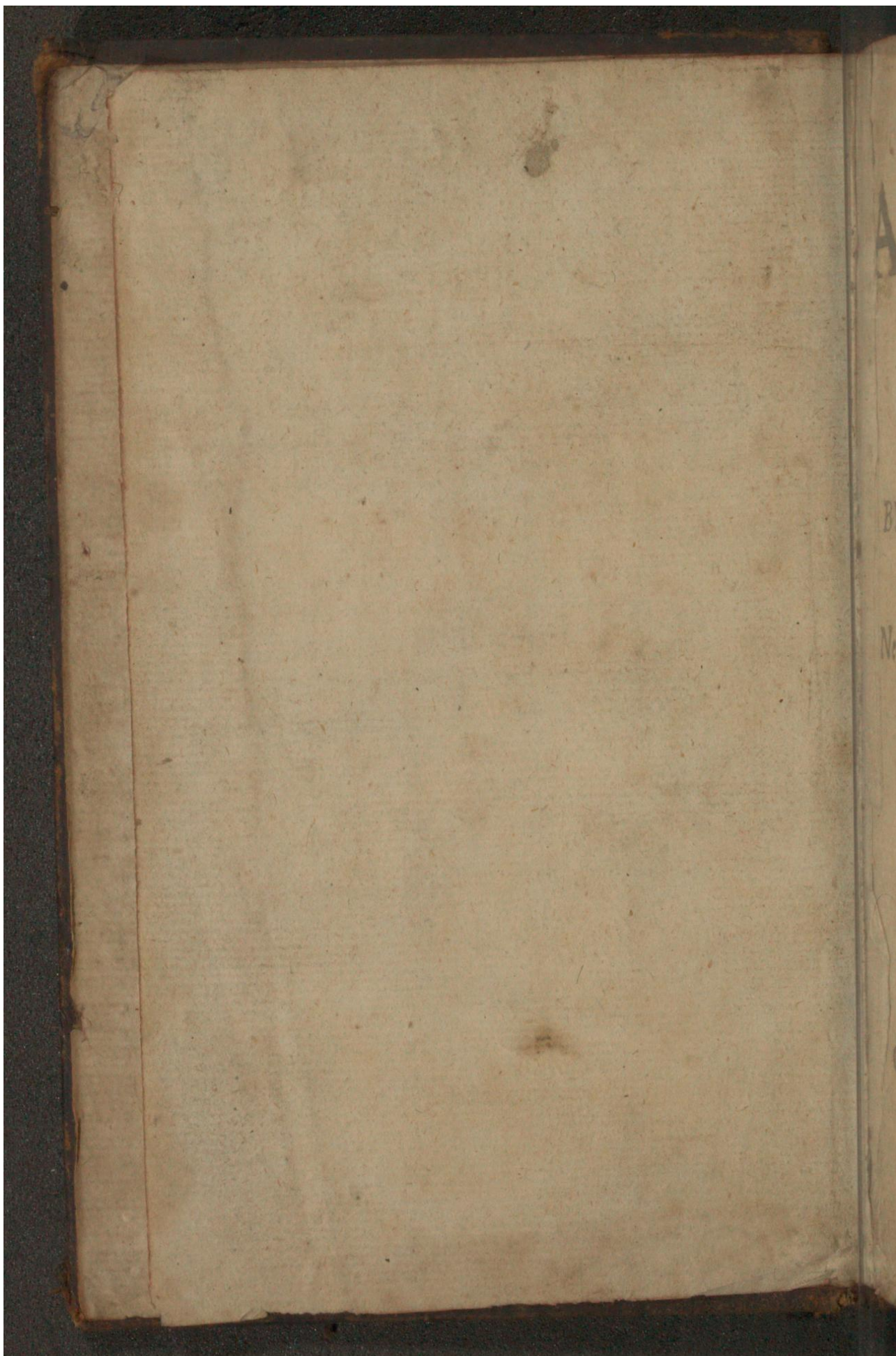
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Puget de la Serre, Jean

16. a. 3653



3653
AN
ALARVM
FOR
LADYES.

BY THE SIEVR DE LA SERRE,
Historiographer of France.

Nevvly turn'd out of Franch into English,
by FRANCIS HAWKINS,
dravving on to the tenth
yeare of his age.



A PARIS,
Chez NICOLAS & JEAN de la COSTE,
au mont S. Hilaire, à l'Escu
de Bretagne.

M. DC. XXXVIII.

ALABRVM

FOR

LADIES

BY THE SEVND OF LA PERRE

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TO THE RIGHT
HONOURABLE
EDVVAR D
SAKVILE,

EARLE OF DORSET,
One of his Majestye's most
Honourable Priuy Councell,
Knight of the Noble Order of
the Garter, and Lord Cham-
berlaine to the Queene's Ma-
jesty, &c.



RIGHT HONOURABLE,
Truely; though
I am vnder tender yea-

res: yet my ambition so-
re's so high, as to call
your Excellence the Pa-
tron of this my Treatise.
My lowv degree, then
myne age, to censure
strictly, alas, suite not
properly, to offer vp
aught in this nature vnto
your Honour: Deigne
though in your benigni-
ty, to connive at this
my boldness: for vvhich
I cannot produce exprefs
defence: vnless this may
agree vvith your propi-

iousness, that it may not
seeme vnto you amiss, to
bee honour'd by each
one, even from shrub to
Cedar.

Right honourable,

I take my most submissiue leaue

Your honour's

devoted Servant,

FRANCIS HAWKINS.



THE PREFACE.



ENTLE READER,

The first Treatise I presented thee with, was of good behaviour. I had thy candor, favour, and honour, as a benigne receiver, of that my labour: which encourag'd mee to vvaite on thee againe, with another of an higher straine, and of a rarer nature, also of a more vsefull matter. It was a Formulair of Compliments to bee expressed by voice, and Missive Letters, the one, and th' other reduced vnder their proper Titles.

In my Preface there annex'd, I said; that I would present thee with



A N
ALARVM
FOR LADYES.

The first Dayes Worke.



WAKE yee, Ladyes,
awake yee, at the
dreadfull sound of
this Trompet. It's
the summon of your
apparance in the name of God,
to that inevitable judgment, such
is it, to which all human Nature

A

must obey, must bow: It's a judgment that astonisheth the most innocent, and causeth the most just to sigh, yea rather through feare to tremble.

Awake yee, forsake your, though nice couches speedily, come yee out of them, as if they were no other, then your graues, where the worne of your consciences doth devoure yee; Heare attentively the last time, the finall decree of your safety or loss, your liues, or deaths.

Open your eyes to this dolefull light of the Sunne, which this day sendeth his beames soe bright into your chambers, which I may well entile dolefull; for who well knoweth, whether each streame of this Planet, bec

FOR LADYES. 3

not a funerall torch, which surroundeth your beds, as your first coffins: since that our liues haue not in proper one sole moment: Surely, it were to much purpose to number your yeares, the bells call on yee to the buriall of one of your company, much yonger alas! then are yee.

How is it possible! that in the proper posture wherein yee lye, yee once reflect not on your deahtes, on your last end? Behold yee stretcht forth at lenght, to your vttermost extents, in that self same linnens, which likely will serue yee in lieu of your winding sheetes. It's well indeed, that yee can breath as yet; this witness of your liues is the signe of your deahtes: since that each respiratiō doth

A ij

denote a minute of the clock of your lungs, vntill the last breath, the last sigh, make yee know, the last hower of your retreits. And as all your other actions necessarily returne thither; can yee bee sensible of life, without feeling your selues to dye, and dying void of thinking, that the self same day which by grace hath been lent yee, may by justice bee your very last: where you must render a strict account of each moment, which haue fore-run even from your births?

At the lenght; behold yee risen: but wherewith doe you entertaine your pretious time; yee make your address vnto your looking-glass, and giue your selues the first, therein, by yee the day is

FOR LADYES. 5

given over to the good morrow,
to all th'inchantments of your fair
face, alas! It were requisite,
that some one, or other, should
whisper in your eares, as it was
formerly to the wife of Mithri-
dates, *Sooner, or later death will at-
tend on you, it will come inevitably:*
Is it credible, that your bloods
even frozen with feare, and hor-
rour, become not changed into
very ice, where ruines may bee
plainly discovered by the entice-
ments whereby yee appeare ido-
latresses? This mighty, as vnhappy
graced by beauty, made caresses,
and homage, as doe too many
others of yee to her face, in her
lookinglafs, alas! even when
shee was tould: that she must dye,
there was newes indeed!

A iij

How is it now Ladyes? doth not one daily sing the self same song vnto yee? were yee happy of the least memory, it would certainly cause yee to reflect seriously, that there are very many of your companions dead; and I can assure yee, that yee trace them apace.

Are yee confident to gaze on your faces with self delights in your lookinglasses ever: since that beauty dooth flitt daily, daily fade, and giveth it's adieu? Yee admire with eyes idolatrefs, not weighing seriously, that your selues are the sacrifices lay'd vpon the Altar. This world at the mercy of the Deuine justice, the officer of wick is Time, doth though by slow paces, vsher yee to death,

FOR LADYES. 7

where yee must endure eternall
paines for your offences.

What curiosity see yee? what
rare gemmes contemplate yee on
in the lookinglasse, that there yee
stay so long? Maketh it shew vn-
to yee, that your foreheads are as
smooth as glass? alas! The one,
and other hath deceiu'd yee farr:
Your foreheads couth their wrin-
kles vnder the vaile of your owne
arts, for yee daily paint them;
And besides, your lookinglass,
which flatteth yee, by a new de-
uise of the cunning artificer, who
to oblige yee doth decypher yee
such as yee would bee, not the
same yee are: what novelty ad-
mire yee now? your eyes? It would
ever grieue me, if they ouerflow
not in teares, to deplore their mi-
series.

Is it your mouths? It suffiseth mee to know: that they can not utter words of more validity: then are theise which declare, and divulge the trueth of your calamities. And for your tinctures, delicateness, they impose on me charitable silence, fearing to wrong them by the sole aire of my breath.

Can I not impose silence with patience, on my self as yet, that yee may rest in peace, since that yee are seriously intertained so; Where there are found more drea- mes: then grounds, then reasons, which I must needes beleive? Were yee awakened: then would re- sound the direfull Trompet, which call's yee to the day of Doome: where each one must appeare in proper

FOR LADYES. 9

proper person, and answere for himself in particular.

Set before yee now the confusion, and disorder yee shall bee brought vnto. Is it not likely, that yee will blush for shame: as often as yee haue lay'd white on your faces? will they not become pale with feare, as often as yee haue lay'd on them, red? therein, yee will betray your selues, publicly discovering the secrets of your guilty flights.

I excuse Narcissus in the fable, where as it's found that there hee became his own enamoured, the adorer of himself. How was hee deceived? Alas poore Narcissus! thou never didst discover thy self in that guise, and manner: But how can one pardon yee? or in

B

any wise conniue at the errours
found in yee, of the like nature?
Can yee make the least question
of your defects: since that yee
are fully fraught with them? And
for your forgettfulness of your
miseryes: it's strang! What yee
fe'ele a thousand times a day, can
not butt make yee confesse: that
yee are not pasted of aught else,
nor formed of any other mat-
ter.

Awake yee then speedily, re-
deeme your selues out of this
earthly sloth, wherewith your
soules are burthned, are indeed
heavily oppressed, and lending an
attentiue care vnto the dreadfull
sound of this Trumpett, which
summoneth the Vniuers to judg-
ment, ponder seriously, that it

giveth not a vaine warning: since that each moment, an infinity of soules, come thither in trou-
pes. See in what case yee would
bee found: if death should sur-
prise yee even then: when your
faces are painted, your phanta-
sies charged with vanities, and
your soules soyled with a thou-
sand kinds of crimes: Oh God of
justice, who will not feare thee,
at the day of thy vengeance?

Belieue me Ladyes; since that
your death's are inevitable: since
that yee must expressely dye in-
deed: sollicitously note your day-
ly demeanours. It seemth to any
one, who observeth the care
which yee employ on your faces:
that you liue for them onely. The
fairest of your compary, who

B. ij

yesterday dyed suddainely to day
affrighted her vassals, and though
yee bee tender to maintaine her
former beauty: yet I assure mee:
that yee defye to come nigh her
without stopping your noses.

Enstyle yee those horroures gra-
ces which appeare on her face?
those her eyes suncke? those her
wanne lippes? I tell yee truely;
that hew of death, that it's tin-
cture, would as it where even
make mee hate your sexe: were
I not a fruite of the same tree;
The rootes, and body of the tree,
are of the self same stamp; The
leaues and flowers, are of the self
same nature, there is not a pinne
to choose.

To apply my self more nigh
vnto yee, I will state it thus; that

FOR LADYES. 13

there is amongst yee one, who is
the flower, the mirrour, the won-
der of this age, what honour,
what lucre, what returne of pro-
fitt will hence accrew vnto her?
were it that one sing her praises
in each tongue: there will not be
found aught; but aire in diuers
fashions. Should one erect, and
consecrat vnto her Altars: she must
bee the sacrifice, for having been
the Idole. Were it that shee could
impose lawes to all mortalls: she
can not exempt her self from
beeing subject to all their mise-
ryes. Were that courtly Fortune
led her by the hand, to the height
of thrones: the self same may oc-
casion her to fall, into the pre-
cipice of a lamentable prison,
there to dye through greif; as it

B iij

was to Darius his wife. It's goe further; namely; that her renowned beauty, had the vant in the judgment of many ages; what then? where may be found her aduantage therein? A thousand honours will bee ascribed vnto her. What will the world render vnto her, where shee is no more, nor ever shall bee? and likely shee shall then burn in Hell, there so remaine eternally. Her body I say, shall bee food for wormes. Her soule, for the flames, and somtimes her name, and fame shall bee celebrated heere below. Where lyeth the honour now? My spirits doe suffer, in theise contemplations, through their conceiu'd feare, and astonishment.

Ladyes; in what a miserable

condition are they ; who solely haue beauty, for their share, for their part ? What rate set yee on beauty alone ? I say it's no other: then to haue a gay posy of flowers, wherewith one may deck, and dress one's self trimmely in the morning, during the space that they are fresh: butt about noone, indeed so soone one leaueth the regard as well of the flowers: as stemme: even so, at the approach of night, this admired obiect, (the self same ment) is misprised of the Vniuers.

Truely what soever is say'd;
I find nothing good but Vertue:
the rest passeth by, and vanisheth.
One of tall, and comely stature
stoopeth. A cleere voice changeth.
And a polite wit sometimes loo-

seth it self through Vanity. Vertue is it, which is solely stable, solely permanent on it's one ground, never giving vs over to our ruine.

Bee yee then Ladyes, since so yee will needes haue it, as faire as was Cypris say'd to bee in the fable: yet yee will gaine but an apple for your recompense. Admitt yee bee as beautifull, as was Lucretia famed to bee in the History, yet dyed shee through greif. All the beautyes, who haue appeared on the earth, since the instant of it's hauing beeing, make but à hillock of it's gross dust. It's vertue solely which lead's vs beyond our tombs.

But whither goe yee now so well accoutred, so neatly dref-
fed?

fed? If it bee to Confession, to make that desseigne your good morrows; since that it's the first Sunday of the moneth: then reflect how yee haue prepared your selues. In lieu of examining your consciences before a Crucifixe; yee haue been curious to enquire the state, and being of your faces before a lookingglass.

Yee goe to craue pardon for your offences, and a new transgress yee, in the same which calls for justice. Yee part I say from the Confession chaire to the Altar, there to receiue your Saviour with soules more disposed to offend heere after: then resolu'd to repent of what is passed in your former liues. Is not this to crye for vengeance against your selues.

C

Me thinckst I see the rare saint
Francis to appeare with that per-
fect charity, which enflamed
him on earth, and by the self sa-
me fire wherewith the Seraphins
are surrounded, and entertained
happily in Heauen, and yet hee
thought himself vnworthy to ta-
ke vpon him the order of Preist-
hood: Yet will yee bee so auda-
cious, so shameless, as to receiue
your owne Creatour with im-
pure mouths, and prophane hearts;
the sole thought of this crime, doth
put my spirits out of frame, cau-
sed through confusion, and asto-
nishment.



A N

ALARVM

FOR LADYES.

The second Dayes Worke.



Warne yee Ladyes , in
the name of God , for
it's himself who giveth
yee notice: that yee nei-
ther know the day , nor hower,
when this Trumpet, which cal-
leth yee to his judgment will gi-
ue the last summon. How is it

C ij

with yee? Thinck yee it not amiss,
to pass the moity of your ages in
dreames, and folyes? Yee sleepe
with soules as black, as Hell;
what repose can yee enjoy at the
cue of your everlasting restlesnes?
The Heaven; though insensible,
quaketh for horroure, at the cla-
mour, the great noise of this
Trumpet. The earth; though im-
mooveable, doth thence tremble
for feare; The Angells themselues
in their purity, and all the Saints
jointly in their innocence, are
touched with astonishment; all-
though they are not capable of
feare: and yet yee sleepe, during
the time of this publique alarum's
being: which fright's all Nature.
Awake yee speedily, and prepare
your selues to render an account,

even of the least idleword which
yee haue let fall.

Ah! how out of frame yee are;
when yee wake, it seemeth to
me: that yee haue set by to dye
in shew, yee will dye now in
earnest. Let me see how it is with
yee? Yee are at a bay for feare,
and dread. Oh! how profitable
would theise agonies bee found
vnto yee: if yee would oftenti-
mes vndergoe the paines to ap-
prehend liuely God's judgments:
but your spirits auers'd from so
serious thoughts, are the cause
of your missprise thereof, with-
out reflecting on your loss ther-
by, that's à pittie, alas!

I perceiue, that yee are risen
to dress your selues, and yee are
never vnready to deck your bo-

dyes repleat with infections: but
forbeare a while I pray: then look
out of the window; there's a spec-
tacle for yee to meditate on, that
stinking carcass, which is carried
to be buried, the same with
whom two dayes since, yee con-
tested with for beauty, it's now
as yee see, borne to the tomb;
and yee will follow it thither: it's
but a pace before yee; it's not
knownen as yet wether yee arriue
all three together thither: This
dreadfull Trumpet soundeth day-
ly, and yee trace the ground in-
cessantly, and run the self same
race. Obserue a right how it doth
agree to judgment: that yee bee
seen buried in the way, one whi-
le; to friske your haire for to hide
your nitts; another time; to make

white your teeth, those little bones : whose least infected, ruineth your graces, and thus much is in favour of your bodyes: which apparently doe putrify; and hence the wormes expect their prey in this world, and the infernall spirits in the other. What is the benefitt which your foules doe reape by the graces of your faces? Thinck yee; that at the hower of your deathes, your Confessour will demand of yee, how many yee haue enthrall'd, enchained, and made your slaues? No no, but at larg, namely; how long it hath been, that yee haue employ'd your time in so vnhappy a beeing at such rate, in so com-miserable a state: There is no further talke of your excellent per-

sons your rares faces; their graces shall possess no places, no more shall they domineere: your soules onely shall pleade their causes, God grant that they want not plea to obtaine their suites.

O how faire is the employment of this second dayes entertainment! it's passed off in admiring, and tricking your selues, meaning thereby to tempt and attrap weake persons to idolatrise! But, alas! I find yee farr, more simple yet. It doth appeare, that yee labour onely to advance and advantadg the fiends of Hell: since at the dayes end, they cary with them away all your spoiles. Further; heerevnto adjoine their conquestes of your selues. It's confess'd, that yee are ritchely cloth'd,
that

that there can not bee added
aught to the stately curiosity
which serue, as a new lustre to
your enticements: But whither
bend yee your way so nicely deckt?
if it bee to a Comedy.

Ah! how Cleopatra, that young
Princess, representech a dolefull
personage, on the stage the Thea-
ter of her marriage, in the Tra-
gedy of King Philip her deere
husband's death, for she dyed,
by the same stroke of misfortune,
which caryed that great Monark
to his tomb. Shee was as faire as
are yee. How come's it to pass:
that yee are happyer? She was as
yong as yee. What reason haue
yee not to apprehend her misery,
her misfortune sensibly?

The Trumpet which cited yee

D

to death, and judgment, foundeth incessantly, thither doth each one make their recours in troupes, and croudes. Who can assure yee, that yee shall not appeare there this very day: since that yee make your way as fast as the rest? Is that a reposed life, is it to possess tranquillity, to perceiue your selues dye without your beeing prepared for death? will yee expose those things to so great a perill: Which yee can not loose but once? Yee liue not but for Eternity: for the life of this world is not properly a life: and yet yee let pass your time without reflecting, once thinking of Eternity, which will last as long as God Almighty.

What? will it not turne to your

reproach: that on Earth yee shall
 bee found to haue donne nothing
 else, but dress, and deck your bo-
 dyes of earth? Oh! what a rare e-
 xercise would it bee: if so your
 soules were of the same matter!
 Oh! the sweet entertainment: if
 it were not expressely necessary to
 dye! if so one were to liue for e-
 ver: but; daily to liue the cue of
 an eternall losse, and passing all
 the time, to the dressing, and dec-
 king of your carcasses; by conse-
 quence it must follow: that Hell
 will bee your recompense.

Notwithstanding what heerein
 is fore delivered; behould yee pass
 your time, in seeing a Comedy at
 the Burgugnion house: but know
 yee not, that yee there act your
 parts, and are at the end, of each

D ij

interlude, giving occasion of laughter and scorn to all the sage Democrites, for the vaine employments of your times? yet it is expedient, that I extract your gaines, out of your losses. Atleast thinke yee, during this your entertainements of time; that the world is a Theater, where even now yee represent those persons whom God hath endowed for Eternity: Doe yee well or ill; yee shall not appeare but this time solely on the Theater, yee play your parts for ever, the Angells, and the Diuells are your lookers on, expecting the end of the last act, whence yee are to receiue praises, or reproaches, I meane recompense, or chastisement.

Yee haue a faire petition to

deliver, descended from the Thea-
ther into your sepulcher. Oh! gi-
uevs leaue to rise againe, wee will
liue better then in former times
wee haue. The intercludes are pas-
sed. The play is ended. The can-
dells are extinguish'd, each one
shall receiue his guiderdon, ac-
cording to his merit, and for an
Eternity. O fearfull judgment!
But what's more dreadfull yet, is
that the Trumpet doth summon
yee thither amongst the disorder
wherein yee liue: I leaue yee to
consider heere on seriously.

are
the



A N

ALARVM FOR LADYES.

The third Dayes Worke.



A P P Y are they,
vvhho rest in our Lord.
Ladyes then awake
yee : for according
to the state wherein
I find yee , your soules assuredly
are as black as possibly may bee,
though your faces bee delicate and

white. Behold yee are bridled vnder the chinne, as are little infants with a mask lined with waxed linnen to fright them.

Oh ! how would yee bee amazed, if yee must necessarily appeare before God Almighty within a moment, to vndergoe the sentence of his judgment? Which of either, ought to bee more deere vnto yee the beauty of your bodyes, or your soules healthes? Your bodyes, conceiud of corruption, and borne vnder the imperfection in which they liue, can they eleuate themselves, to make comparifon with their soules, created by the hand of the Almighty, through his loue, and charity, and for his glory?

Yet

FOR LADYES. 33

Yet and againe, Oh! prodigalls of misery, of infirmity, of meere weaknes indeed; who misprize nothing els but your soules safety; and are not passionatly tender for aught els, but for your bodyes. Them you adorne oftentimes, with new clothes, with nice robes; without weighing: that they consume all which they touch; and ruine all which decke them. Yee doe well to bestow on them haire to adorne their bald heads, with a perrewig. The wrinckles on their foreheads, make appeare atlength, the borrowed gally pot of roses, to shew vs clearely, the thornes wherewith their age is stated in.

Conserue your beautyes with the art of limbeck, renew your

E

teeth each yeare, hidet your lim-
ber, and flaggy breſts vnder a
handkercher, allſoe ſhrowd ſom-
what, which may make them
ſeeme round, and hard: the default
of ſuch vprifings would bee va-
liw'd as a moſt apparant defor-
mity; It would deſtroy all, Then;
and Time, who trayleth along all
things, who ſpareth none, ma-
keth an other breach, ſuch a rui-
ne; which can never bee repair'd:
I referre it to your quickned, to
your more liuely ſpirits hitherto
drowned with ſleepe, to the re-
covery of your better reaſon long
ſince ſtrayed; Whither this con-
dition of life, which yee lead on
Earth, can conduct yee to Hea-
ven?

The third hower is even at

FOR LADYES. 35

hand, at it's period, in all which
time, yee haue been mervailously
serious, but in what? to put on
your new clothes, and your bands
according to the fashion: May I
bee bold to enquire of yee what
therein yee meane? If it bee to
shew your selues at the Revells,
and there to dance, make not
hast. It was tould mee: that shee,
who mooved for that meeting,
is surpris'd by a continual fever,
and the smale pox. Alas! what a
chang of Medaile: Yet faile not
to visite her. Her affrighting ma-
lady, will teach yee to despise
the baits, inticements, and beau-
tyes which yee valiew soe highly.
Yesterday morning shee conten-
ded for the golden apple, with
the fairest found amongst yee;

E ij

this euening the curtaine of her bed is drawn to hide her, for feare, least that shee hurt her adorners: Oh rare Beauty! It's to flatter thee too much, to compare thee to the wind, and to the smoke: for thow art (as it seemeth vnto mee) much less in valiew.

The Revells yet goe on, I meane the dancing to which Nature even from your cradles invited yee, and to which, Time is the violin: for by it's continuall motion, it trayleth vs all together, to our sepulcher.

I much doubt; least the aire of this dance bee dissonant to your eares: but how soeuer; yee must dance to it, there is no gainesay. Further; it's time must bee

kept strictly, it's all in cadence,
 it's musically compos'd indeed.
 Oh! obserue well it's burthen,
 there hath been much care em-
 ployed on it: Each thing flitteth,
 and glydeth without ceasing,
 beauty leadeth in cheif, as the
 most fraile most brittle. Yee may
 plainly see your shares, your
 lotts: yet must yee of necessity
 pass the residue of the day in som-
 what, which may seeme to please
 yee: but I pray yee what is it?
 Yee are euen now very busy;
 Yee court your selues in the loo-
 kinglass, as did the wife of Nero:
 Oh! sayd this Princess, that I
 might dye first: rather then haue
 the least diffigure on my face;
 shee considered not what then
 shee did, how she liv'd, nor what

shee say'd : when shee dayly made this prayer : that each moment, of each hower insensibly depriu'd her, and robd her, of parcell, of her rare beauty.

Ladyes, it's not expedient, that yee craue earnestly on Heauen, for that desaigne : since that, all the instants of your liues, are soe many secret theeues, who subtly rob yee of the principall, and most curious enticing draughts of your faces, I say subtly beginning in the bud, dawning, or rather call it Sun-rising of your age: yet thereof, yee take noe heed. By serious attention on their actions, is raised suspition ; and hence are they partly detected to be theeues : but in the evening they are expressly found no less,

then publick Pyrats, who cary
with them all away, together
with your selues.

Oh! is it not even so, what I
now relate? that theise trueths
ought to be sensible vnto yee; in
such sort, and manner: as that
yee should not euer meditate on
aught else: since of such like se-
rious, and tender speculations de-
pend your safetyes? for if yee pre-
sent vnto your selues this variabi-
lity, this incessant circumvolution,
wherewith all things heere be-
low are chained, and to be bu-
ried one after an other within this
whirlepoole of Time, which de-
voureth all, and that yee turning
the other side of this medaile,
would ponder: that soules onely
are eternall, would it bee even

possible, that yee shall not bee fully taken vp with the loue of Eternity?

It's more then six thousand yeares, since the Creation of this World, and it scarcely seemeth to bee one day. It's very true; that what's pass'd, is suddainely forgott: But Ladyes; this Eternity, where God is the limit, and measure, is it which solely ought to entertaine all your affections, all your desires, and apportion all your hopes.

Bee yee pleased that even now I shew yee the meanes. It's allwayes to lend the cares of your phantasies most attentiuely, to this dreadfull Doomes Trumpet; where the share of your happy Eternity, or vnhappy, is to be seen
seen

seen determinatly. Hope not a jot
for favour there. Iustice will beare
the Scepter: Trust not to your
consanguinityes or affinityes, your
vertues will bee your fastest freinds;
Yee haue a great catch of them
indeed, yee haue a rare plea, to
say: that yee are the daughters of
a Prince, the wives of Kings, and
the mothers of Emperours: all
these circumstances serve you to
your sepulchers. Your works so-
lely accomplish all your honours:
or your infamy, all your felici-
tyes: or your miseryes.

Oh! Ladyes, how it's to bee
great persons, and happy on earth:
yet there to pretend not aught.
Those who are borne, who are
destined for Heaven, naturally
haue such a disgust of Earth: that

thereon they spinne out their time: as if they had no beeing there at all, still lifting vp their spirits, and their thoughts to this Eternity: as to the onely good, the sole Sanctuary. The fruition of it, is able to satisfy their desires completely.

O Eternity! thou art singularly gracious vnto mee: that thou receivest favourably my good intentions, my well meanings. I will never cease to meditate on thee. Oh Eternity! how benigne hast thou been to mee in particular, well may I say; in making mee applye, all the abilityes, all the facultyes of my soule, on the meditation, of thy longanimity; in so much: that I shall never haue other object then Thee, no

other sight then speculating on
 Thee. Doth it not follow neces-
 fairily, that I loue thee entirely:
 If I abhorre all that flyeth thee,
 that forsaketh thee? If I seriously
 misprise each transitory: am not I
 constrain'd to esteeme thee per-
 fectly? Let no man speake to mee
 but of Eternity: each crime, not
 returning to the same, displeaseth
 mee, nay rather; doth mee nota-
 ble injury. In a word; if there-
 bee any taken sensibly with aught,
 by how much the greater it is:
 the more doth it's excess menace
 vs of it's privation. Presuppse La-
 dyes, that in this world yee bee
 both faire, and ritch; It's much.
 But I pray tell mee, what is their
 permanence? Had I to dispose of
 an age: I would alow yee to en-

joy the full terme of it : But at the last moment ; what would remaine vnto yee ? What would accrew vnto yee ? your beautyes would not subfist : but in your owne transitory times , and your treasures though now possessed , shall bee farr from yee , as constrained to abandon them for ever. Your cases are thus ; all the goods of Fortune which yee enjoyed , changing their names , propertyes , and natures will afflict yee , to thincke of. It's truely even so : that it's solely Eternity , which can quenche our hearts continuall thirst.



A N

ALARVM

FOR LADYES.

The fourth Dayes Worke.



H A T say'd the
wife of Rosidates
to her self, with a
voluble tongue,
and very nimble,
as passionate in-
deed when she heard the dolefull
Trumpet sound at her doore, si-

F. iij

gnifying vnto her the decree of her death, by the command of her brother King Hertodorus.

Oh! Ladyes, how much more dreadfull is that Trumpet which doth summon yee to God Almightyes judgment. This Rosidates liv'd, and dyed a Heathen: but yee, who are destin'd for Heaven, will yee pass your times on Earth, solely for Hell? It will soone be noone by the watch of your liues, as well as by the town clock it self: Where is your dayes work? If in such sort yee pass the rest thereof carelessly, either sleeping, or besotting your selves, it will be found atlength: that yee liv'd here in this world no otherwise, then dreaming, and that in the other there, yee shall liue perpetually

awakened, amidst the heates of eternall flames, everlasting fire.

Perceived yee not clearely, that the Sunne the other day, blamed yee notably, and such like slothfull people as are yee? but yee never the less, will make it as your happiness to sleepe and drouse. This starr, which measureth the moments of your liues, leaveth not a whitt to run his wonted race, his cours to traile yee to your graues.

Rouse your selves vp. Remember yee not, that yee are invited to a solemne feast of marriage? I must needes waite on yee; bee it but onely to obserue your carriadge. Il'e take notice of your vanities, and giue account vnto the world how fantasticall yee are.

Take yee your time to dresse your
selues; in the meane while, Ile
contemplate somewhat, and also
exercise my patience.

Let mee approach vnto yee
nigher. To what vse are those
gally potts of pomada, those bo-
xes of powder, those violls of di-
still'd waters, and those papers of
vermillion, which I see vpon your
cabinets by your night dothes? Is
it a part of art, which yee put in
practise, to make yee seeme mo-
re faire then yee are, in despite of
Heauen, and Nature? Oh! what
bitter. Oh! what salt teares will
these vanityes extract from yee
Ladies. Bee it, that your Ladi-
shipps haue the least leasure lent
yee to repent yee.

It's to be granted: that your
bodyes

bodyes doe daily require the charity of pomada, of rare odour, to cover the defects of your teints. Your tresses can not hide their greasiness without powder. Your tawny-dusky faces after they haue been made happy by the Alimbeck, expect the vermillion; least that their dead colour appeare not at all: but yee obserue not that yee labour to fill pots, which are perced; as did the Danaides.

Where shall one find Pomada, which may agree with yee, and contend with your stench? What is that powder, that can dry the clammy greate of your heads? What water can serue the fullness of your desires? And what vermillion can make appeare on your cheekes, which Nature hath not

G

planted there? Thence yee discover plainly: that your actions containe in them solely vanityes, for their obiects. They rest vnto yee for your recompense. Oh what braue conquests! yee looke not after aught but airy toyes; your heades are full of crotchets. Yee like nothing, but what is smoke, witness the teares discovered on your eyes. See what is the fruite of the course of your liues, behold the guiderdon which doth attend yee at the end of your race.

Oh! how pretious was the Pomada of Saint Elizabeth, who made vse of it to perfume the feete, of whom? of the indigent! the poore! Oh! how odoriferous was the pouder, and the ashes

FOR LADYES. 51

where Saint Marie the Egyptienne covered her head, the day of her penitence! Oh! how the teares of her repentance were rapt, and possess'd with Devine vertue; in so much as, her body, and her soule in an instant were embellished! Oh! how strang it is; the blush of her shame for her sinne, was farre more liuely: then what yee daily vse. Grant me this boone for my paines hither to seen, no les I beseech yee; to breake your lookinglas, which dayly flatter yee; nor ever take to yee other, then such as I deliver vnto yee heere.

Yet; thus much say'd, yee will keepe on your wonted wayes. Now yee are dress'd. Now at the feast, and suddainly will all

G ii

varietyes of sweetmeates bee seru'd
in: there is the end. What I would
put into your minds, is; that all
solemnityes haue but their times.
On Earth, a feast is not to bee
had: but of the fruits of its own
garden; and as theise fruites, ha-
ue nothing proper, but their cor-
ruption: even so that aliment
from day to day, doth naught
else, but increase your infections;
they can never satisfy your appe-
tits. The succeeding day, yee will
sensibly find the vanityes of your
pleasures had at table: since that
they vanish with the table cloth it
self.

Likewise; seriously ponder;
when yee are amidst your jolli-
tyes: that the self same howers
which yee haue employ'd in the

FOR LADYES. 53

pampering of your carcasses, are registred in the scrole of their ruine, since that whither yee eate, or laugh, Time leadeth yee to your tombe.

Theise are the banquetts of Cleopatra, which are solemnelly celebrated: though in shipps even floting: hence learne wee, that each where wee chang fortune, through the perpetuall decline of our liues, all our actions tend thither, what destroyeth vs, is ours in proper.

But to goe on; in conclusion; behold your retourne vnto your houses, the dance is ended, likewise the feast. Oh Ladyes! meditate a little space, but attentively I beseech yee humbly on this passage, this phantasyes, All theise

G iij

pastimes, theise wordly pretty toyes symbolize, are of the like nature with theise dances, and feasts, each of them flitte incessantly, it's sure that death approatcheth nigh howerly. Were all your dayes spent in the solemnityes, which frequently are found, when so that marriages are pompously celebrated. Oh! how direfull would your last day appeare vnto yee! since then must yee render account of your time past in laughter, and dance! Reflect a while how many are the dances, and feasts wherein you haue entertained your times; hence take counsaile secretly of your memoryes, then vse your judgments, and see, what is left vnto yee: yee shall never haue other for your plea-

FOR LADYES. 55

tures! And what? will it not bee reproach vnto yee: that yee sould your portions for nothing, which yee pretended for Heauen? I haue heard say, that Lyfimachus did exchang his Crown for a glasse of water: but when? Ladyes, obserue then; it was so with him at that time, when hee was even as it were reduc'd to ashes, by the same heate of thirst, which burn'd his entrailles, in so much as beeing in such plight, in rendring his dying spirit hee chang'd naught else but wind, but breath for water.

But to see how remissely yee giue over your pretensions of eternall consolations, of everlasting joyes for toyes, such I may truely terme them, which beare no o-

ther titles ; then of meere dep^{re}uations , of your phantasies , of your imaginations. Where is that self affection whence yee seeme to become so passionate? Is it not to hate your selues : that you affect not aught else : but what doth flit? it's not it? when yee dye, what will bee left yee of your passed time , but a present greif, and too late ; such ; whose anguishes will never cease?

Yee never dreame of other thing : then to enquire after new pastimes , to the ruine of your times. Alas ! Nor consider yee aright : that Time doth ruine yee? for in seeking to pass it , yee must find death. How so? is it possible : that yee striue to pass over it, which so swiftly glideth by yee,
as doe

FOR LADYES. 57

as doe your phantasies, light
though they bee, they can not o-
ver take it. And what more se-
riously, yee ought to ponder, is,
that all the time of your liues,
hath for its terme, its limit a sole
moment, on wich, though such,
doth depend for ever, and a day
your calamities, or your felici-
ties; that's a misery in torment:
which hath no end, this a blifs in
glory: which will be permanent,
beyond all ages, illimited in-
deed.

Oh! how pretious are the con-
templations, of the last period of
our liues! How! is it so? that thou
art not as inseparable to our sou-
les: as is the shaddow to the bo-
dy? Oh! how sweet is the me-
mory of our death! Why is it so?

H

that our memory is not for the
most part, in such sort all taken
vp with thee: as that it never for-
get thee? Oh Deuine is the me-
ditation on Eternity! Art thou not
as sensible of our soules, as our
respiration is of the preservation
of our hearts? How Dauid liketh
mee well, when hee cryed out
aloud, that hee had often medi-
tated, and that seriously indeed
on the dayes for ever: where God
Allmighty is solely the light! Oh
faire dayes! I wonder not: that
yee haue no night: the Sunne
which sheweth it self on yee is
bright, and borroweth not it's
light: no. Oh dayes most happy!
say no more; or thus: I am not
one whit astonished, if so bee it
that yee remaine for ever: the

Planet which gaue yee a beeing,
 possesseth Eternity in cheif, in pro-
 per. Truely, my soule is extasyed,
 rapt as it were, in this sweet con-
 templation, with such singular
 content, it's in such guise as that
 really it hath no desire to be o-
 therwise.

Ladyes, in a word, it's so; that
 yee must arriue to the dayes end,
 and returne thither from whence
 yee came in the morning: for it's
 but one dayes iourney. Yee haue
 a finetime of it to bee lazing. The
 Sunne, who sendeth forth his bea-
 mes for yee, will that yee goe as
 fast as doth hee.

Dance, laugh, sleepe vntill
 noone day; the shippe of your li-
 ues leaueth not it's cours, it say-
 leth evermore, incessantly on the

H ij

sea of it's proper miseries, onely
by the wind of your respirations;
it cannot stay it self: vntill it arri-
ue, at the hauen of the sepulcher:
Ladies, it's the hauen to which
Doomes Trumpet doth summon
yee. Take yee heed, leaft it bee not
found a rock vnto yee: where yee
may encounter too dreadfull a
shock, the calamity thereby is for
Eternity, and repentance vnpro-
fitable. In good earnest, at what
time soever I think of Eternity:
nothing that's wordly, doth please
mee. I am not bold to say so much:
that each parcell of the Vniuers
made such by a Soueraigne power
and absolute from it, having it's
soule, it's beeing, it's life, is not in
it self admirable, and adorable in
it's Creatour: but; as there are so

many objects of change, or of corruption; my heart not well appeas'd, sigheth after the fountaine of the lesser springs as after it which is onely capable to quench the thirst of my desires. Ladyes, would yee but distast the worlds pleasures, yee haue a ready way to fill your best thoughts, on the delights of Eternity: for such is the inequality: that common sense will lead yee will suffice, to make yee misprize them, and earnestly desire theise.

H iij





A N
ALARVM
FOR LADYES.

The fift Dayes Worke.



OME to my ayde,
my Lord, cryed out
Saint Hierome a
thousand times a
daye: I dye for feare
at the resound of that Trumphet,
which doth summon mee to thy
judgment.

Ah, Ladyes ; if this glorious Saint , amydst the deserts , and amydst the austerities of a life, all devoted to pennance, found himself reduced at a bay, at a stand for feare, and dread: can yee frame with the vanities of the world: when yee doe but once meditate on the necessity of your deaths, from which there's not one exempt? This innocent doth tremble at it ! and are yee not aught sensible of it ? This harmeles quakes ! persist yee senseless ? This just man , I say againe cryed out incessantly for help , and succour: though hee where soe pure ! yet will yee not bee awakened: though infirme, by the example of his astonishment? Can yee take rest in the ships of your bodyes , and on the

FOR LADYES. 65

the world's tempestuous sea's:
without fore discerning that Ti-
me, who is the Pilott, puts yee
one the shore of your sepulcher?
Awake your selues then suddai-
nely, and as your liues are but
dreames, at your waking dreame
againē what trades yee intend to
vse, whilst yee are in this long E-
ternity, to which yee make your
howerly approatch.

God hath giuen yee, and each
one of yee, since the time, where-
in yee haue been of reason a pen-
cill in your hands, as to Zeuxis,
that renown'd Painter, who pain-
ted according to his beleif, n'aught
else but Eternity; this is a paterne
for yee, such; as it sheweth yee;
that all your works should haue
for object, and ayme, no other

thing. In summe ; all which yee meditate on, say, and doe , is painted in oile colours of Eternity. I would yee vnderstood mee aright, all approacheth nay endeth correspondent , to the good , or ill , either to the glory of your happy Eternity , or to your vnhappy Eternity.

If yee dye , as yee liue , namely in bed vntill midday , what can I say? but that if so you play your time away , your laziness will depaint yee , and liuely expresse yee for Eternity : where endlessly yee shall suffer paines.

Although each one swill as hee will ; it's but for his time , his dayes course , and at his owne expense. But one judgeth not of price of the good , or ill , or default in bu-

FOR LADYES. 67

finels, merchandize, else where,
then in the other world. Prepare
your selues to vndergoe the judg-
ment.

Yee will even suddainely appea-
re dress'd, and trick'd according
to the fashion of the time, and
court: and how is't? Your fea-
thers falling on your cares, ver-
million on your cheekes, and flyes
on your chinnes. Theise are not in
vaine vndoubtedly, their des-
ignes are to entrappe some one,
or other: but at the daye's course
run, it will then appeare vnto yee
clearly: that yee haue made your
selues whoopes, taking not the
least notice of aught else, but va-
nity; as if yee had not thereof too
much.

I waite on yee at your fally

I ij

from dinner, to your coatch, it's
to assist you tenderly, and with
humble respect indeed, it's my
duety, and to attend you seriously
with my thoughts, in your wal-
kes, with intention to obserue,
whither your times intertaine-
ments prooue more vsfull: then
delightfull.

It's necessary that I exercise my
patience a while, vntill the hor-
ses bee harnesssed, and put to the
caroche: allsoe, yee must hauey our
time to looke on your selues agai-
ne, while yee attire your selues
with hoodes, and maskes. But
oh! what simple imaginations en-
tertaine your spirits therein? There
you instruct your eyes the art to
tyrannize, and with strang craft,
to hurt many hearts, not refle-

eting aught ; that your soules re-
 ceive a staine , through the vaine
 lightness , which thence remaine
 in them : It's there I say , where
 you invent new lessons to allure-
 ments ; so farre as to teach men,
 to make your selues beloved , and
 ferred at once , and the self same
 time ; and covertly pretend : that
 yee attend no end , while therein
 none , alas ! none . Obserue theiſe ra-
 re deſſignes ; what doe yee medita-
 te on oftner ? Let it bee that your
 black eyes with their vyes doe
 much hurt to day ; to morrow ,
 one drop of rume indeed , will
 make them red , which will ſerue
 to cure the ſmarts , of thoſe your
 former darts . How happily doe
 your courteous ſweetneſs , with
 your graces , acquire loue , and feare

jointly. Whosoever they bee, that
seeme to dye for yee, they loue
yee not: it's ; for what ? for their
interests, not to bee spoken of here
further. Thus much yet will I say:
that they who court yee as sincere
lovers, ground them selues on the
expresse ruines, the vtter destru-
ctions of your reputations ; and
yee take it well, to make them
feare yee. They care for nothing
more : then to pass their times, in
that entreprisc, their delights, their
sports.

But it seemeth no less vnto mee:
then that yee take your way to the
race, to the place in vse now a
dayes. Oh ! how vainely hunt you
after toyes in this your walke, as
to a publick faire where merchan-
dise is set forth for each to buy?

FOR LADYES. 71

Would yee not say, that this yong simple fondling, cloth'd in green, who is like vnto tapistry, which yee haue seen frequently, hung before a doore, hath employed about her face all her whitening? Shee thinketh, that in beauty shee doth surpass, the Vniuers. Alas! for pittie. I speake plainely to her now, not taking any notice, that her self-loue daily putteth on a hood to see at randome her defects. Shee, who would bee the beloved'st of many, in each doth moue pittie for such her folly. My opinion of her, is no other: then that shee is a gloweworme, who giveth light to many from a dunghill, the surface of which is all covered with snow.

What character shall this proud

piece beare? What may one's cen-
sure bee heere of this giddy one,
who beeing possessed of n'aught
else but of a bosome, maketh a
shameless bravado, as if the rest of
her carcass, were to bee let or sould
out right? Oh peace a while!
what will prooue her confusion:
when the daye hath run its race?
when shee must needes shut vp
her shopp, having not met with
any customer whosoever, not one
admirer of her treasure? Mode-
sty is it, which hath enticements
not found els where; there-in
onely.

I pray yee stay not a jot, co-
me hither speedily, bee the spe-
ctatours of this fond toye, this
Foppe. Whose best draughts
through age, are become void of
moss,

mos, and hence borrow for the
stage, the artifice of so many flyes,
as if they could nippe some one or
other, though such bee her age ; a
strang passage: but commiserable:
for it's even ten yeares since that
beauty bid her the last adieu: and
if shee daily employ all her study
for it's recovery: what folly would
it appeare, to weare time present,
for to call time pass'd, againe: yet
might shee bee happy in her disa-
sters; were it so ; that though shee
suffer shipwracke: yet that at lenght
shee take hold of vertue, to redde-
me her self from danger, nay ra-
ther, from vtter los.

Haue yee but a little patience
to view the Lady who cometh in
a coatch all guilt; by her counte-
nance, and demeanour, I guess:

K

that shee doth esteeme her self, to
bee the Idole of eache one, who
behold her with attention, not re-
flecting aught on Time, her new
coach-man, who waiteth on
her, it's hee, who beareth her in
the same carre of triumph, to the
altar of her sepulcher, there to
be offer'd vp with shame together,
with all her adorers.

But shee that's there, how mis-
see-seemingly doth shee lend her
eare, and attentiuely, to the pra-
tlings of a giddy humorist, who
courts her, and yet; what is much
more vndiscret; she believeth all
the lyes the braine-sick delivereth
vnto her. Mee thinkst I plainly
heare him sweare: that shee hath
the rarest aspect, and most admi-
redst eyes, that ever did appeare

in this hemisphere, and solely on the confidence, shee hath given to her lookinglass, she doth belieue him.

In the meane-while; heere are found braue assurances, rare cautions indeed. Ah how is it now? doth shee not know, that the first oath of an amorous, is to obserue not one during the time of his passion? And further it's the common fashion of lover's speeches, it's their aire, to say to their Mistresses: that they are mervailously faire, even to perfection, theise are their customary wayes, now a dayes; and yet most vnhappily; it's to bee deplored truely, yee ordinarily belieue them, nor reflect yee aught: that your first betrayer, is your lookinglass, it alas, for pittie!

K ij

Yet will I grant, that shee is rarely endow'd, and singularly graced with beauty: there is the seat of her vanity. Could there bee added sense, and life vnto her counterfaite, her picture; shee would thereby by many a degree surpass the Prototype, the Originall: for that luster may bee conserv'd as her proper: this hath nothing in peculiar, but the necessity of decay: In so much; that when one persuadeth her, that shee is mervailously faire, shee should take theise as ordinary discourses: since her beauty passeth by, is of like nature to the praises, which are given her, meere aire.

Will you haue more of her? It's true; that shee hath the fairest

eyes, that ever the world beheld:
 but when? when they are cleare,
 after dinner, and why not befo-
 re? Il'e giue yee an answere; The
 mornings entertainment is to take
 care of her gummy eyes, or eye-
 browes. There can not bee seen
 a nose better shap'd, then is hir's:
 I confesse it: but shee must haue
 supplied vnto her, a cleane hand-
 kercher, and that every day. I
 must likewise ingenuously averre;
 that her mouth is very little, and
 pretty: but it's too streight a pas-
 sage for her stinking breath. Her
 complexion is delicate, even to
 perfection, it's evidently seen: but
 thus much is say'd, to the end,
 that shee might apprehend all
 things. The Sunne, the Fire, the
 Aire it self, are her enemyes, which

K iij

make a perpetuall warre against her, vntill Time hath donne his worke, whereby shee may bee hidden vnder earth.

Shee hath an excellent wit, doubt yee not therof a whit: for shee vttereth rare, and curious passages; it were much better: that shee would apply her self to piety, to goodness. One doth enquire of workes: rather then of words. What is it to purpose, if shee haue a faire manner, and demeanour in speach, the true measure of her deeds shall judg her. She sing's admirably well. Had shee n'aught else but her voice; shee could not enthralle otherwise: then by the care: they who haue not affaires wherewith to entertaine their times, in passing by for

their pleasure, would giue care vnto her : but when shee maketh an end of her songes , they begin to meditate on something. Il'e say no more. If soe it happen , that there bee praises of her , given vnto her, they will returne the aire which she hath lent them. Iudg yee whether shee will bee well content. In summe ; let her bee ritch as was Semiramis , and more faire then Hellen. The one confess'd on her Epitaph , which shee caus'd to bee engraved on her tomb-stone ; that she never possessed aught in proper , when shee had her treasure : but corruption , and misery. The other ; after shee had entrapped insensible hearts by her subtile charmes , strook pittie vnto her greatest enemyes onely hearing

of her misfortunes. Ladies, flatter
not your selues. One fighe of re-
pentance for your vanityes, will
yeild yee more glory, and more
benefit: then all the teares yee can
make your enthrall'd slaues poore
forth. In the meane while night
warneth yee to reitreit: behold
your dayes journey at an end; now
render account vnto your lookin-
glasse, of the number of your con-
quests. But in earnest how treat
yee with it? It's true, that yee
haue made many an one fighe; if
yee bee proud thereof, the aire
will remaine with yee; n'aught
else haue they return'd vnto yee.
They haue sayd true: that yee are
very faire: it's enough for yee to
shew your selues, at the window,
and there to remaine a while, in
the

FOR LADYES. 31

the evening's aire to giue care to
the harmonious Salute, the fere-
nade in fashion: which is offred
vp vnto yee; longer yee will not
bee: least your cheekes bee swol-
len by defluxion. Iudg yee then,
without flattring your selues, whe-
ther one can loue yee long: since
that solely your beautyes are the
causes that yee are esteemed of at
all.

How many haue I seen of theise
Idolatreffes of their own beau-
tyes, who after they had made pu-
bliquely profession to enthrall the
hearts of the most insensible, ha-
ue come atlength to such distress,
to such misery through their de-
formity: that they were soe farre
from beeing beloved: as that they
proved rather an affright to the

L

world, rather despis'd, then pit-
ty'd. Truly, Ladyes, if yee knew
to how many accidents your beau-
ties are subject, it would be vn-
to yee perpetually, rather the ob-
ject of your neglect, and mispri-
se: then of your wonder. I deny
not, but that it's one of the mai-
ster-pieces of Nature: yet the self
same is become a stepdame, gi-
ving it self over to a thousand for-
tes of mischeifes. It's true indeed,
there is not aught more Divine on
Earth, nor more enchanting: but
this Divinity is alike to that, which
one doth attribute to Alexander
the Great, whose blood trickling
out of his veines, shamefully pro-
faned all the Aultars which were
dedicated vnto him: such are theise
charmes, they are meere illusions

FOR LADYES. 83

which deceiue, and abuse weake
soules.

Verily, Ladyes, yee must come
to this point; that is; to belieue,
that vertue solely hath allurements,
and graces, which are approv'd
by Time, and Death. All the in-
ticements, and all the charmes of
Nature are by degrees despoil'd,
together with it self. And though
it seemeth to conserue it self: yet
by it's proper ruine finding it's es-
tablishment in it's decay. Time
ceaseth not to abbreviate from
hower to hower the terme of the
others raigne, whilst hee dooth co-
sume himself. In such sort; that for
your comfort, all that yee see, doth
vanish with your sight. All what
yee heare, doth disperse it self
with the aire, wherewith your

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cares are filld, and so for the rest,
without that there bee aught
found permanent on Earth.

Ladyes, it's solely Eternity,
which changeth not, it's it which
doth remaine as long as your sou-
les, and your soules, as long as
it. Wheresoever yee take your cour-
ses, it's immensity will fill all, and
it will bee the bounds of your af-
fares what soever they bee: After
one hundred thousand yeares, it
will not bee an instant of Time's
permanence, after one hundred
thousand millions of yeares, that
instant of which I speake vnto
yee, will not bee though expired.
How! Lord, shall I perseuer to
offend thee ever? know I not, that
thou art just to all Eternity, and
hence is it, that thou punishest

FOR LADYES. 85

sinners with torments, which haue no limits. To burne eternally! Oh how the fire which brought Saint Laurence to ashes, doth invite mee to meditate on eternall flames, on, to bee deprived Lord, for ever, of the pleasures had in glory! Oh! how the burthen of thy cross is sweet, and light: if it bee compared with the paines of our privation, which never will haue end: I can say no more, I can goe no further. It's necessary, that I meditate on this so serious a subiect.

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A N

ALARVM FOR LADYES.

The sixt Dayes Worke.



T's read; that the Tyrians were forty dayes, without shutting their eyes, for rest: the continuall alarum's were such vnder which they liu'd; where they saw themselves, together with their

towne become cenders.

Oh! Ladies, how can yee close vp an eye, within the trenches of perpetuall feare, misery, and calamity, where the direfull sound of this Trumpet for judgment, doth hold the most stout, the most bold in awe, and dread. This heere, doth not menace one sole burning to ashes: but rather; a thousand death's together. Further; the torments are to bee for ever. Then, rouse your selues; and since yee can not gaine say this eternall necessity to dye: dye valiantly with armes in your hands. The benefit thereby had, is companion of glory.

Amidst all the tortures, which cruelty hath invented ever, it's esteemed that there is never any of
more

more rigour: then that it of watching. What an vnquietness is it to sleep never? But if so bee it, that for having slept too much in this world, yee prooue condemned to watch incessantly in the other: what affliction say I, is it, to bee kept awake. I meane not on your downe beds, your delicate couthes well made, and in curious order: but rather on beds of fire, of flames, which by Deuine vertue, will burne without consuming yee? I tremble for feare, yea even to horroure, each time wherein, I meditate heeron.

I find not any thing of less worth in life: then is sleep; and they who haue compared it to death; therein haue found as pregnant reason: as proportion. It's

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true; wee daily dye; but when the new death of sleep doth surprise vs, can not wee say: that wee dye twice, at once? Our soules haue somewhat to doe, to handle in their follies, the life of dreames, wherewith they are then all taken vp, it's a kind of death vnto them as prooveth the light of reason, which doth onely rule their facultyes: in so much as that; they who sleep much, are more sottish then others, and also more subject to a suddaine death, as if so that their continuall action dying twice, did conferre vnto this heavy accident. I returne vnto yee.

At lenght, God bee thank'd, yee are awakened. How meane yee to pass the rest of the dayes

journey? I am assur'd, that yee ought to haue leifure to bee dres'd; atleast confider amidst theife vaine entertainments, the deplo-
rable manner of life yee liue vnder, day, and night, namely; to cloth, and vncloth your miserable carcasses; whilst Time hath prepared each one's fepulcher.

Il'e tell yee yet againe; that the trade vnder which yee are ever apprentifes, is a lamentable ftate, and beeing. Liue yee not a ftange life, to change your clothes very often? there's each day ſome-
what to ſay; for the manner of them, differ: in ſo much as, what is now in faſhion, hardly will ſuite with yee, and ſerue your turnes to morrow, ſo certaine is the world in it's inſtancy. as are

M ij

your humours.

Ladyes; there are not found other clothes which change not fashion: but your winding sheetes; they allwayes are the same: but; as each one chooseth the colour's they best like of; if your mournefull one's, agree not with your present humours, yet accustom your selues therevnto, taking your measures of them each night in your beds: the ground therein to be found, and the necessity, will render vnto yee in the end, an object, which will suite with yee, not distast yee a jot. Ah, no.

I neither enquire whither, nor to what places yee direct your steps, your paces in your carotches; the weither is so faire: that

it inviteth yee to goe abroad, and take the aire. I will attend yee with my thoughts, according to my wonted manner; to know the subiect, and ground of your time's entertainement, what it may prooue to bee.

Behould yee in a curious garden, there seated nigh a fountaine, vnder the shaddow of many trees, whose branches on their tops are joyned together, or very nigh. Your intentions in so doeing are to lend your gracious cares a while vnto the nightingale: but the letter's sence of her warblings, I must declare vnto yee; shee telles yee in her language, in her manner, such as it is: that it's good to salute the Sunne each morning, likewise in the evening. To ten-

M iij

der vnto the Moone some curious
musick or other. These maling
Planetts desist not by the influen-
ces of their cours, to giue a speedy
end vnto her Kingdome; in such
sort, that her shouts, her turnes,
her diuisions, her quaverings, and
redoublings are so many griefes
on the vn happiness of her state:
since that shee hath no voice: but
to invite the world to her funerall
rites, hence is shee constrain'd to
dye the sooner, through the neces-
sity of her singing.

Likewise the Turtell, who see-
keth in vaine her companion, la-
menteth her misfortune in an o-
ther tune: which doth shew vn-
to yee: that Time is greedily ga-
ping, after the ruine of each thing.
And though that the Eccho, bee

FOR LADYES. 95

but a sound, a voice; Time beeing
vnable to make it cease, by de-
grees devoureth the rockes, which
giue it a rebound. No, no Ladyes;
Time doth not forbear any thing.
What though Time were decev'd
once; as it is mention'd in the fa-
ble, when Orpheus requir'd of
Him Euridices? Time hath had
memorable reveng, as may bee seen
in the Historyes of all the Poets,
who to that end gaue him their
counsailes.

But how well are yee placed?
it seemeth to mee; that it's to me-
ditate at your ease, and repose on
that all, which God Almighty
hath created heere below, and that
it all doth participate of the same
nature that doe the flowers, and
fountaines which yee see, since

that all glideth like to the swift-
ness of their waves, passages, their
currants.

Yes, Ladyes, the World is a
garden of flowers, various in their
graces, their beautyes, colours,
and their odours: but all theise
according to Nature, are of the
same matter. Il'e declare my self
more clearely. God Almighty in
the space of his Creation, planted
all what soever yee admire heere
below, in the garden of the Vni-
vers, namely; flowers of diuers
colours, allso of valiew: but all
of the same matter: for; there is
not one of them exempt from cor-
ruption. Theise truely are the flo-
wers disclos'd in the morning, dis-
playd at midday, faded in the eve-
ning, and of which Time, who
is the

is the gardener, croppeth what hee will, and then, when it best pleaseth him.

Certes, Ladyes, the world is a fountaine, and whatsoever it's composed of are its waues, which properly haue nothing in their nature, but swiftnes passing by. This is essentiall, to what soever that's heere below. Yee may please your selues, to cast your eyes, on all the objects, which yee find every where about yee. There is not one onely, which doth not returne yee the like adieu which yee giue them: since that yee runne the same race all together, though diversely, and by different wayes, and manner, into the gulphe of the tomb.

For all that hitherto hath been

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say'd; make vnto yee, a posy of flowers: but in gathering those flowers-deluces, those roses, those pincks, and gilly-flowers, thinck that Time likewise, is daily busy in the gardens of your faces, there cropping sometimes; the flower-deluce of your paintings; other times; the roses of your cheekes; then; the gilly-flowers of your lipps: Whereof hee composeth a nosegay of your inconstancies. Yee sensibly apprehend this verity, other proofes are not requisite.

How now, Ladyes? All theise will fade in your sights, like a flower. All theise will glide before your selues as waues, and yee as if insensible, will not stirr a jot, no, not a jot, never, nor reflect the least on the necessity of dying:

from which, God Almighty after the delivery of the law, would not exempt himself, no, not himself. But if the sole thought of death amaze yee; meditate a little, how our sweete Saviour hath the first quenched, the thirst within the Chalice, which hee presented, to the end; that at once hee might take from yee both feare, and bitterness, acquitt yee of such like weaknesse. Death is not terrible; but to the impious. It's true; that it oftentimes astonisheth the most just, through apprehensions of Gods judgment: but by degrees, this feare becommeth weaker, through the faculty of their reason, having much more hope of mercy: then feare of justice, their consciences, will them soe; in such

manner, that in their agonyes;
Nature is sole Authour of the fea-
res, wherewith they are shaken.
Truely; I know not where I am
heerein. But what is that which
I heare? it's the great bell of the
town, which giveth yee notice:
that the gates thereof will speedi-
ly bee shut.

Ladyes, why lend yee not like-
wise the cares of your imagina-
tions to the noyse of this Trumpet
of judgment, which never ceaseth,
and doth advertise yee: that the
gates of Paradise are at the point
of beeing shut for all Eternity, and
that yee shall never enter there: if
yee change not your liues. Ah Eter-
nity! how thou do'st rejoyce mee,
and jointly astonish mee.

See Ladyes at lenght, your dayes
journey hath it's end, and it will

be found to bee well spent for your turnes : if so that yee haue made your benefits of theise important trueths , which I haue set before your eyes.

Even so will pass all the other journeys of your dayes, to your loss, and confusion : if at least, you take noe notice of this trueth : that they runne their race they, pass by. Reflect seriously with your soules on that meditation ; and it will prooue impossible : that speedily yee make not an accrew of good deedes, an amass, in favour of your soules. They haue nothing proper to them selues : but them onely. They will bee all their treasures; all their greatnes, and all their felicities, whereof God shall bee the object, the end, the measure.

N iij

If yee knew, Ladyes, the true hearts content, which on enjoyeth, who hath lived well; when so one cometh to one's stand, abbay, one's last end, one's death, yee would labour with all care, from this instant forward in your conversions on which yee would bee more intent. If yee doubt the least of this trueth, and yet, alas! enquire of your felues, how it was with yee, at your last sickness. The anxietyes yee had, for your offences, likely increas'd your greifs, and further; set before your eyes the joyes, and vnspeakable comforts, wherewith an innocent life might haue cōsol'd hearts. Truly, I can not conceiue, that there is aught more pleasant, more delightfull, assuredly there's nothing in the Vniuers more delicious.



A N
ALARVM
 FOR LADYES.

*The Seauenth, and last
 Dayes Worke.*



IADYES, how is it
 with yee? I yet awa-
 ken yee againe, I am
 the same this very
 day in God's name:
 since that hee giveth leaue that
 this Alarum come to your hands

to looke on, so long as your eares
vwill dispose them selues to heare
attentiuely the harmony therein
to bee found for the benefit of
your soules. I speake to day, as a
day of repose, wherein yee ought
to meditate of happy Eternity,
vvhich is proposed vnto yee for
your reward: but; as it is the last
entertainment, vvhich I am to
haue vvith yee; it is expedient; that
I make yee partakers of my soli-
tude; knowing through long ex-
perience the profits vvhich hence
yee vwill receaue, bee it, that yee
follouvv my counsaile. Represent
your selues, make your approatch:
for God hath provided, from all
Eternity; that this little booke,
should fall into your hands, ei-
ther for your benefits, or for your
vtter

FOR LADYES. 105

utter losses for your profits; to
your benefits; if yee obserue th'in-
structions which I giue, and
which God himself hath inspired
mee with: To your losses; if yee
shall misprife, what is heerein de-
livered: this very booke doth con-
vince yee of voluntary blindness,
and declare the admirable fa-
vours, which the infinit bounty
shall hereby haue shewen vnto yee
for your safety: it's in yee as yet to
choose. Il'e tell yee then, for your
instructions, how profitably yee
are to pass your journey. From
the time yee are awakened, let
your hearts bee as sensible of the
new present, which God hath gi-
ven yee this new day: as your eyes
are pleased, in admiration of his
light. Then; vvithout merchan-

O

dizing vvith your beds, vvhat ti-
me yee vvill further assigne to
your selues, for your sluggifness
get out of them, and as soone as
yee are on your knees before a
Crucifix, make that it your loo-
kinglasses; it's there where yee
may indeed become in loue with
your selues, weighing your va-
liew by the price of that blood,
vvhich hath bought yee: O rare
miroir! Oh! lookinglass to admi-
re indeed!

Render thanks vnto your Sa-
viour, that yee vvere borne, and
for your instructions in the Chri-
stian, Apostolique, and Roman
Faith, as the onely vvay of safety.
Then; offring vp vnto Him all
the cogitations, the vvords, and
actions of the journey yee are now

about, beseech Him submissiuelly
to illuminate the one, and anima-
te the other, to governe theise,
and to bee the object of them all
together: so farre forth, as what
yee shall think, and say, may bee
received by Him gratefully.

Let the end of this prayer bee,
the beginning of your necessary
affaires to cloth your selues: but
entertaine the least time therein
that yee can, without trouble, or
curiosity. I forbid yee not the
pouder: since yee are no other;
But expressely the pomada, and
vermillion: For; though theise
are harmeles in themselues: yet
they may prooue pernicious, in-
deed not blameless through the
ills which they may produce, and;
as yee shall haue been found com-

plices of crimes : so likewise by
consequence of paines.

As soone as yee are dres'd,
prepare your selues to goe to
Mass, where yee shall perseuer to
render thanks to God, for an in-
finity of his gracious favours con-
ferr'd on yee, nor ever let your
spirits bee diverted aught from this
principall, and Divine object:
which yee tooke your selues vn-
to, as well by reasons: as by re-
cognizance. Present your selues
in such manner; that though
God bee in each place, our Sa-
viour, is both in body, and soule
on the same Aultar, where yee
offer vp your prayers: It ought
to cause yee, to bee humbly gra-
ue, and wary, even to the not
daring once to turne your heads

without necessity, nor speake one single word, vnlesse compulfarily. At return from Church, each one hath somewhat to entertaine their times with according to their qualities, never to bee found idle, expecting dinner time: where gormandizing, will bee remarked for an offence so disgracefull in a yong Gentlewoman: as enormous before God. Shee, who therein can not command her self, is a slaue all her life.

Are yee invited to a feast, goe thither: but so, that it prooue a banquet for yee, as neither eating, nor drinking beyond your ordinary custome: hence yee will find, that your bodyes will bee the more sound, more healthy, and your soules more innocent. If

after it, yee take a walke; divert your selues from such discourfes, where no body is interefs'd: but if one of the company, doth fpeake ill of another, all though it bee in jelt, turne the difcourfe, in a faire manner, and to the end: that yee may never accuftome your eares to well-like afperfions, lay'd on any for defects; it beeing, that yee your felues are too much charg'd with them.

If yee pafs the afternoone within your doores, each one of yee, will employ your felues with your needle, or read fome devout booke, to entertaine yee more profitably, during the afternoone. I fay your booke of devotion: as for the eloquent fpeeches, the Romances, and for the

Comedyes ; they are toyes , meere fables : which discover in the end , the vndoubted folies of them , who soe haue been their advancers , and given them esteeme , therein haue they employed their times , exceeding ill.

Bee it a holy day ; then let this Alarum wherewith I present yee , hinder yee from sleepe , howsoever at the Sermon , and doe not yee imitate such , who are devout in fashion , who are weary on good friday , to heare of the passion , without considering : that this our Devine Saviour , who hath suffred those , for your selues , had more patience in his torments : then haue those impious had , to heare onely the recitall , which hath been made. Oh

Lord ! for what other crimes dost thou referue the thunderbolts of thy justice.

When the hower, of your rests doth call on yee , before yee bee vnclothed make your recourse to consult, to advise seriously , and most attentiuely the last time, the self same lookinglafs, it's the Crucifix, fix your eyes on it, and there examine your consciences, humbly beseeching God's mercy's pardon for all your trespasses, which yee haue donne, during this dayes journey , and that yee may haue grace, to retaine your selues from sinne; that yee may not fall therein againe. There are yee to resolute: then with the same action; offer vp vnto him , all your desires , and hopes concerning the
repose,

FOR LADYES. 113

repose, and tranquility of your
liues : so that hee iustify the one
through his benignity, and the
other through his infinite power:
but rather ; humbly resigne your
wills to his. Obserue it well : that
hee , who knoweth to compose
him self well to God's will , is
the wisest of the Vniverse.

It's that onely science, Ladyes,
which can seate yee in repose.
Build not the height of your des-
seignes , on the greatness of your
familyes , nor on the favour of
your freinds. I haue seen , sayeth
the Prophet, Lords of the Earth,
elevated beyond the height of the
Cedars of Libany ; but a dread-
full story to recite, next day haue
vanished from myne eyes , and
hardly could I find one, who

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conferu'd so much as the memory of his having been. The Favourits of the World, are of the same nature, they solely pass it by. Their fortune is a suddaine flash of lightning, which farre surpasseth thunder with it's inevitable fall, in sort such: that if God lay not the first stone to all your buildings, all will fall; there will not bee found aught, but ruine.

Desire then never aught: but what is of God; that's to say; that what soever are your affaires, yee fully referre them all to his Sovraignty, and without murmur to his Devine Providence: since that the ordering of all, doth properly appertain to him. Wish yee to bee Religious, or to bee married? take vnto yee that

FOR LADYES. 115

restraint of humility, and obedience: my Lord, thy will bee donne. It's the prayer which hee hath taught yee; judg yee whether it ought to be acceptable vnto him, and whether profitable to yee: End your examinations by a prayer to the Virgin, as well for her particular merit, from whence the flash through admiration of it's light so bright, dazeleth the sight of all the quires of Angell's: as allso, for your safety; since shee is Advocate, and all puissant Mediatress, who so hath this Virgin in assistance, will never perish.

P ii



A
PARTICVLAR
ADVISE

For direction of a one's life.



EVER bee confident in
 aught but in God : all
 freindshipps of the
 World , retaine parcell
 of it's variable Nature : such an
 one to day would dye for yee,
 who to morrow , were yee dis-
 ceased , would not so much as

P iij

honour yee, attired in morning:
Interests is ever found in affections,
bee they never so pure. Become
yee ill favoured, poore, or old,
all your great freinds, and who
so were last evening your loyall
lovers will even vanish this very
morning, and if yee send for them,
none of them, will bee found at
home for yee. Ladyes, it's onely
God, who is a perfect lover, and
such like freind indeed. Will yee
haue proofes of his goodness?
Hee dyed for yee before yee were
borne. Require yee testimonies
of his mercy? dayly hee confer-
red grace on yee. Loue then him
onely. Ladyes, confide in none
but in him, and yee shall never
bee deceived.

Offer vp your selues in all pla-

ces, for God doth replenish the
Vniuers. Hee is every where, in
such sort, that hee is witness of
your actions, to the end, that this
consideration, might retaine yee
in the duetye yee owe vnto so
Saintly, and adorable Majesty.
The most consonant prayer,
which yee can offer vp to God,
is for your enemyes: since hee
himself hath given yee the pat-
terne, then; when hee was nay-
led on the Cross; where having
nothing but His speech free, ser-
ued himself thereof, to craue par-
don for those vilains, who brought
him to that beeing; that misery.
Oh vnheard of charity! our sweet
Saviour call'd out for mercy for
them, the self-same, who gaue
him gaule, and vinaiger to

quench his thirst.

Even then, when in the dead of winter, yee are in your beds shelters, free from cold weather, and other damages which might endanger life, set before yee, how many poore there bee at this very instant, who haue but a little dunghill-straw, for their beds sheets, and coverlids, without hope, that to morrow they shall bee provided better. Then; consider some-what further, elevate your spirits to an higher pitch; behould; that God hath given vnto yee degrees, exempt from such like miseryes, mooued by nothing else; but his goodness, and bounty conferr'd on yee. Truly they are benigntyes, which justly exact eternall, and gratefull notice;

notice; I wonder not aught that vnthankfull hence bee punished for ever. Take heed, that yee prooue not of the number.

Offer vp your selues againe as having been the same from all Eternity, whom yee are now in the judgment of God Almighty. And what yee ought to ponder more sensibly, is; that amidst the infinity of soules, his power Almighty doth create daily, hee hath selected your's, to bee instructed in that Religion, wherein solely yee may find your safetyes. I am confused, nay rather extased, jointly each time, I consider on such venerable truethes, and adorable.

What a wonder of goodness is it, that God hath loved yee wi-

Q

thin himself in your nothing, before all ages I say loved yee, even to the conferring on yee a thousand sortes of benignities, of which many other's of your sexe are deprived. Adore yee; adore yee, Ladyes, this Devine Providence, which in such manner hath ordained in your favour without your retributes, without your deserts.

Bee not yee proud of the admirable qualityes, which yee possess aboue your companions: least that God punnish yee, and take vengeance on yee for it. If yee bee very faire: bee yee likewise very humble, to the end, that the world may honour yee: when yee can not bee beloved more. How many haue I known, who

in one self same day, were highly
pris'd, mervailously esteem'd of,
and jointly admired for piety by
all the world. Humility in Ladyes
hath more winning grace in it
self: then all the guifts of Nature
join'd together.

In all your good deeds; let
not Paradise bee the sole object,
and scope of your workes: for as
interessed, and mercenary, yee
would loose parcell of their me-
rits: but say with Saint Augustine;
Lord, were it even so, that thou
hadst not a Paradise to bestow,
I would not desist to loue thee
solely: for thou art perfectly amia-
ble; and further, by meanes of
loving thee, I feele to my advan-
ce, the delights of the self same
Paradise, which thy mercy ma-

Q ij

keth mee to hope for. My Lord;
following on, also; I should not
cease to feare thee, hadst thou not
a Hell to punish mee: since that
each time I offend thee, I find my
self incessantly tormented, and I
beginne to suffer the paines whe-
rewith thy justice doth menace
mee. Ladyes, good is to bee be-
loved for it self, and, as God
Allmighty is the fountaine there-
of, yee must forbid your hearts
that they never sighe, but for the
loue of him if so yee will that the
very Angells bee passionate in
your behalfts.

Bee not yee one of those faint-
hearted, who wax pale; and
wanne for feare, when one tells
yee of death; nay farre otherwise;
like of the discours well, and the

meditations thereon, to the end that yee may accustome your selues betimes, to pass that over fairly; which yee must vndergoe of necessity, namely; finish the worke, which yee haue begun, from the first moment of your liues, and wherein yee goe on incessantly. Oh how terrible is death to them who never haue meditated thereon!

Let then each of yee shew your selues oftentimes, vnto your selues in some private retire: and enquire where yee shall bee hence fiftie yeares to come, more, or less, and elevate your spirits on this serious subject. Yee see what it delivereth: It's true, that then the same bodyes; which now haue soules, and on which even now

Q iij

set so great a valiew will become
no other then hillockes of dung,
where the wormes will make their
seate. But what will become of
your soules? wherewith will they
entertaine their times during this
long Eternity? Is it that they must
burn in Hell in expiation of their
crimes? At theise last words breake
your silence, and if yee bee in a
retired place, where yee can not
bee heard, cry, out aloud, and
boldly with Saint Augustin, say.
*Lord, burn, cut in pieces, and reduce
into powder, this miserable body of my-
ne, I abandon it before the fury of thy
justice; so that thou pardon my soule
in the other.* Ladyes, Oh! what
mervailles would theise words pro-
duce recited often, for the assu-
ring of your safetyes: but in it,

experience will make yee sensible
of much more then can I heereon
deliver.

I end here with this last advise,
which I offer vp vnto yee, as one
of the most importants, and of
most benefit : that yee take vnto
yee a particular devotion to the
Virgin, daily saluting her with
some Hymne in her praise. On
whom one of the devout cryeth
out ; that the Angells bow vn-
to, the Heaven humbleth it self
vnto, and that all Nature trem-
bleth with honour, and feare be-
fore this incomparable Marie; sin-
ce that her womb served for a
cradle to her Creatour, her brests
for nouriture, and her armes for
a rest. Truely ; she who perfectly
knoweth to honour her ; is not

128 ALARVM FOR LADYES.
aught wanting, in what shee
ought to vnderstand, for the
good of her safety.

F I N I S



